

INSHAPE DNR Day

**Walks for Fitness
September 17, 2005**

Walks begin at 1:00 p.m. local time, and are led by DNR staff and community leaders in most locations. Wear comfortable weather-appropriate clothing. Bring along your filled water bottle. Each participant receives a free t-shirt, provided by the Indiana State Department of Health.

Walk Locations

Property	Meeting Site	Surface	Approx. Distance/Other Info
Brown County State Park	Rec. Bldg/Trail 5 Trailhead	Trail 5, 4 & 7	2.75 miles (moderate-rugged)
Chain O'Lakes State Park	Campground Entrance Gate	Trail 1 & 2	2.5 miles (moderate)
Charlestown State Park	Trail #3 Parking Lot	Trail #3	1.8 miles (rugged)
Clifty Falls State Park	Swimming Pool Parking Lot	Trails	2 miles (moderate-rugged)
Falls of the Ohio	George Rogers Clark Site cabin	Floodwall/grass	3 miles (moderate)
Fort Harrison State Park	Harrison Trace Picnic Area	Harrison Trace	2-3 miles (accessible)
Harmonie State Park	Campground Gate/Overflow Lot	Road	2.5 miles (mostly accessible)
Indiana Dunes State Park	Main Pavilion Parking Lot	Trails	2 miles (moderately rugged)
Lincoln State Park	Spring Shelter	Weber Lake Trail	2.2 miles (moderate)
McCormick's Creek State Park	Nature Center	Trail 8 & roads	2 miles (accessible)
Mounds State Park	Swimming Pool Parking Lot	Trail	2.5 miles (moderate)
O'Bannon Woods State Park	Nature Center	Trail	3.1 miles (easy-difficult options)
Ouabache State Park	Park. Lot below Kunkel Lake dam	Bike Trail/Road	2 miles (moderate)
Pokagon State Park	Potawatomi Inn	Bike/Walking Trail	2.7 miles (accessible)
Potato Creek State Park	Nature Center	Trail #1	2 miles approx. (moderate)
Prophetstown State Park	Prairie View Picnic Area	Bike Trail/Road	2 miles (accessible)
Roush Lake	Shelterhouse 1, Little Turtle SRA	Road	2 miles (accessible)
Shakamak State Park	Nature Center	Road	2.5 miles (not accessible)
Spring Mill State Park	Nature Center	Trail/Road	3 miles (moderate)
Summit Lake	Beach parking lot	Road	2 miles (easy)
Tippecanoe River State Park	River Picnic Area Parking Lot	Trails #3 and 4	2 miles (moderate)
Turkey Run State Park	Nature Center	Trails	2 miles (moderate)
Shades State Park	Hickory Shelter	Trails	2 miles (moderate)
Versailles State Park	Oak Grove Parking Lot	Trail 1	2.25 miles (moderate)
Whitewater Memorial State Pk	Popular Grove Shelter House;	Trail	2 miles approx. (Moderate)

How to Participate

Register in advance at www.INSHAPE.IN.gov to receive a free property admission coupon and a walk registration coupon for any of the Walks for Fitness on September 17, 2005.

If you are camping or visiting a property on September 17th and would like to join us for the Walk for Fitness, register on-line at the property (check entrance gates or nature centers for the registration location) or sign up on line for INSHAPE Indiana after you return home at www.INSHAPE.IN.gov. Please note that advance registration is required for free admission to properties on September 17th. Information is also available about INSHAPE Indiana at 1-800-433-0746.